



MONKEYPOX GUIDANCE

What is Monkeypox?

Monkeypox is a zoonotic disease that can make you sick including a rash, which may look like pimples or blisters, often with an earlier flu-like illness. Zoonotic diseases are infectious diseases that are transmitted between species, from animals to humans (or from humans to animals and humans to humans). Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:

- Direct and/or sexual contact with monkeypox rash, sores, or scabs from a person with monkeypox.
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by a person with monkeypox.
- Contact with respiratory secretions, through kissing or prolonged face-to-face contact.

What to do if you've been exposed

Although the Centers for Disease Control and Prevention (CDC) currently considers [monkeypox's risk to the general public as low](#), cases across the world are continuing to rise. If you believe you have been exposed to someone with monkeypox, please take the following precautions:

- Notify your healthcare provider immediately for consultation.
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact.
- Think about the people you have had close, personal, or sexual contact within the last 21 days, including people you met through dating apps. You might be asked to share this information if you have received a monkeypox diagnosis, to help stop the spread.



SYMPTOMS

Monkeypox symptoms usually start within two weeks of exposure to the virus, and within one to three days (sometimes longer) after the appearance of fever, people will develop rashes or sores. Other initial symptoms linked to monkeypox include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills or exhaustion